

Sensory Tips and Activity Suggestions

Busy Places

- The playground near the restrooms can get very busy and loud during popular times. Quieter times are generally early afternoon weekdays and early afternoon on Sundays. Park hours are 8 a.m.– Sunset
- The large open fields can have various games and practices happen on them and attract large crowds throughout the year. Busiest times are usually afternoon to evening on weekdays and Saturday mornings.
- During the summer the lake is often busy with boats and large groups enjoying the water's edge.
- Holidays can be very busy in general at the park.

Quiet Places

- The Sparkleberry Loop Trail (.3 mile) and Azalea Loop Trail (.5 mile)
- Check out the Nature Play Area, located close of the playground follow the asphalt trail up from the restrooms. This area is frequently much less busy than the playground and very shaded.
- There are many picnic tables around the park that are good quiet places to relax. However, the picnic tables by the playground are the busiest.

Tips for a Great Visit

- Come prepared for the weather of the day. Bring water, snacks, and a hat to stay comfortable during your visit.
- Check out the gardens near the Education Center – we have herb, pizza, pollinator and native plant gardens. The pond is always a nice place to sit and enjoy a quiet moment in the garden.
- Have fun bird watching whether looking for Osprey at the lake edge or feeder watching at the Education center. Pick up our Birds of Blue Jay checklist and see what you can find!
- Feel free to bring a fidget toy or noise cancelling headphones if you believe it would enhance your experience at the park.